## **Soho** Class Schedule

Monday			Tuesday			Wednesday					Thursday			Friday			Saturday			
7:00 <b>Lift</b>	Kate	Sherwood	7:00 LGA	Lucie	Sherwood	7:00	Force	Lucie	Sherwood	7:00	Wattbike	Chris	Wattbikes	7:00 The W	D	Will	Sherwood	9:00 <b>Lift</b>	Adam	Sherwood
7:30 Hatha Yoga	Eithne	Brewer	7:30 Vinyasa Yoga	Darvina	Brewer	7:30	Hot Vinyasa Yoga	Richard	Brewer	7:00	Extreme	Will	Sherwood	7:30 Vinyas	yoga	Darvina	Brewer	9:30 Hot Vinyasa Yoga	Richard	Brewer
7:44 Just ride	Nat B	Cycle	8:00 Poweride	Lucie	Cycle	8:00	Just Ride	Lucie	Cycle	7:30	Hatha Yoga	Meg	Brewer	8:45 <b>Speed</b> 1	iends	Will	Treadmills	9:45 Hardcore Cycle	Stuart	Cycle
8:00 Extreme	Kate	Sherwood								7:45	Just Ride	Daren	Cycle					10:00 The WOD	Adam	Sherwood
8:45 Speed Fiends	Imogen	Treadmills								8:00	Skills and Drills	Arvids	Pool					10:30 Vinyasa Yoga	Richard	Brewer
										8:00	Metaburn	Will	Sherwood					10:45 Poweride	Stuart	Cycle
																		11:00 Kettlebells	Adam	Sherwood
																		13:00 Sweat X	Adam	Rig/Treadmills
																		14:00 Core 45	Adam	Sherwood
12:00 Lift	Kate	Sherwood	11:45 Force	Lucie	Sherwood	12:00	LGA	Lucie	Sherwood	12:00	Wattbike	Chris	Wattbikes	12:00 Lift		Will	Sherwood	Su	ınday	
12:30 Rehab Pilates	Liz	Brewer	12:00 Wattbike	Imogen	Wattbikes	12:00	Kickboxing	Paul	Dojo	12:00	Force	Lucie	Sherwood	12:00 Kickbo	cing	Paul	Dojo	9:00 Just Ride	Lucie	Cycle
13:00 Metaburn	Kate	Sherwood	12:30 Dynamic Pilates	Claire H	Brewer		Yin yoga	Darvina	Brewer		Rocket yoga	Darvina	Brewer	12:30 Hot Ha		Darvina	Brewer	9:30 Vinyasa Yoga	Erin	Brewer
13:00 Boxology	Cathy	Dojo	12:45 Just Ride	Lucie	Cycle	13:00	The WOD	Adam	Sherwood		Just Ride	Elliot	Cycle	13:00 Sweat	(	Will	Rig/Treadmills	10:00 Hardcore cycle	Lucie	Cycle
13:30 Vinyasa yoga	Liz	Brewer	13:00 Boxology	Cathy	Dojo					·	Lift?	Lucie	Sherwood					10:30 Rocket Yoga	Erin	Brewer
			13:00 The WOD	Adam	Sherwood						Boxology	Cathy	Dojo					11:15 Lift	Lucie	Sherwood
			14:00 Speed Fiends	Adam	Treadmills					13:00	Speed Fiends	Chris	Treadmills					11:30 Yin Yoga	Erin	Brewer
17:00 Extreme	Adam	Sherwood	17:00 Metaburn	Adam	Sherwood	17:00	Kettlebells	Adam	Sherwood	17:30	Hot Vinyasa Yoga	Erin	Brewer	17:00 <b>Lift</b>		Jemimah	Sherwood			
18:00 <b>Lift</b>	Adam	Sherwood	17:45 Poweride	Channah	Cycle	17:30	Hot Yin Yoga	Ashley	Brewer	17:45	Poweride	Elliot	Cycle	17:30 Yin Yo	a	Eithne	Brewer			
18:00 Boxology	Cathy	Dojo	18:00 The WOD	Adam	Sherwood	18:00	Boxology	Cathy	Dojo	18:00	Lift	Daisy	Sherwood	17:45 Just Ri	le	Daren	Cycle			
18:00 Wattbike Sprin	s Barnie	Wattbikes	18:00 Boxology	Cathy	Dojo	18:00	The WOD	Adam	Sherwood	18:00	Boxology	Cathy	Dojo	18:00 Extren	e	Jemimah	Sherwood			
18:30 Exhale	Liz H	Brewer	18:30 Hot Yin Yoga	Bassanti	Brewer	18:30	Hot Vinyasa Yoga	Ashley	Brewer	18:30	Dynamic Pilates	Tony	Brewer	18:00 <b>Comba</b>	Move	Alex	Dojo			
18:45 Just Ride	Elliot	Cycle	18:45 Hardcore cycle	Channah	Cycle	18:45	Hardcore Cycle	Maria G	Cycle	19:00	The WOD	Daisy	Sherwood	18:30 Hatha	/oga	Eithne	Brewer			
19:00 The WOD	Adam	Sherwood	19:00 Lift	Adam	Sherwood	19:00	Lift	Adam	Sherwood	19:30	Rehab Pilates	Tony	Brewer							
19:00 Combat move	Alex	Dojo	19:30 Hot Vinyasa Yoga	Bassanti	Brewer	19:00	Boxology	Cathy	Dojo											
19:30 Vinyasa yoga	Liz H	Brewer	20:00 Speed Fiends	Adam	Rig/Treadmills	19:30	Hot Hatha Yoga	Ashley	Brewer											
20:00 Sweat X	Adam	Rig/Treadmills				20:00	Sweat X	Adam	Rig/Treadmills											



# **Third Space** Class descriptions

## ATHLETIC, TREADMILL & RIG TRAINING

## THE WOD/ YARD WOD

Your workout of the day. Expect 'EMOMs' and 'AMRAPs' as standard and be prepared to dig deep and push hard. Combining effective high intensity training and strength work in an encouraging and motivating environment.

## **FORMULA 3**

This is the Formula to get you fit, fast.

A competitive, high intensity circuit with 3 targeted blocks, for a full spectrum workout. First, cardio on Concept2 rowing machines; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with bodyweight exercises. Get fit in 3... 2... 1.

## KETTLEBELLS / YARD KETTLEBELLS

A powerful full body workout that will improve your core strength and give you greater muscular endurance. A range of Kettlebell exercises hit every major muscle, to build power and shred that body fat.

### **RUN CLUB**

Discover the 'power of the pack' and elevate your running ability to its highest level. With all that London's outside environment has to offer, the unique blend of speed and VO2 intervals will provide you with the platform for a new personal best.

## STRENGTH & CONDITIONING

## LIFT

Build a strong body using heavier weights focusing on form and control. You will be coached through an extended mobility and activation section before starting 3 main blocks of work using heavy kettlebells and dumbbells for 8 to 12 reps per exercise. Improve your technique and leave the class feeling stronger than ever.

## **FORCE**

A music driven barbell and dumbbell class designed to fatigue the whole body through higher repetitions. A great class for those new to weights or experienced lifters who want to feel the burn in a high energy but supported environment.

### **EXTREME**

Train like an athlete in this fast-paced class focusing on speed and agility. A mixture of plyometric, multi-dimensional, sport based exercises using light dumbbells will develop your stability, muscular endurance and overall fitness.

### **METABURN**

A pyramid style, full body metabolic conditioning workout. Dumbbells are used to create a stronger, leaner body focusing on improving your lifting technique whilst high intensity exercises are interspersed to elevate the heart rate. The intensity builds throughout this workout as each set increases with time.

#### IGA

Legs Glutes and Abs. Working some of the largest muscles in the body to create a high calorie burn. Expect a combination of strength and high intensity explosive exercises, aimed at increasing strength and flexibility to torch fat and sculpt the lower body.

### **CORE 30/45**

A strong and functional core is fundamental for all training. This class uses full body movements in multiple planes to fully engage your core. Building strength, stability and

balance as well as shaping your abdominals.

## STUDIO CYCLING

## **JUST RIDE**

This class is designed to improve your cardiovascular fitness with a focus on endurance. Stripping cycling back to its foundations with no additional choreography, no data and no leader boards. All done working to the beat of the music, giving you opportunity to switch off and just ride

### HARDCORE CYCLE

The ultimate high intensity interval cycle class. Improve both your anaerobic and aerobic fitness in a time efficient manner and feel the power of the music to help you push your physical and mental limits.

## **POWERIDE**

Poweride is a results orientated, competitive class that uses live visual data to improve your power output. Be guided by the unique colour coaching system to optimize your output. Keep one eye on the leader board to chase down your personal best and to beat the rest of the room.

#### WATTBIKE

Our Wattbike class replicates a real ride feel and delivers an unrivalled experience. With targeted effective programming and the ability to analyse your technique, it's no wonder it is the choice of champions and endorsed by British cycling. Whether you are a seasoned athlete or complete beginner, maximise your performance and redefine your training.

## MIND & BODY

## VINYASA YOGA / HOT VINYASA YOGA

A flowing style of yoga that moves fluidly from one pose

to the next using breath. Each teacher has their own style so expect something a little different each time. Vinyasa often moves at a faster pace than some other types of yoga, be ready to work hard and build up a sweat. Leave feeling energised physically, mentally and spiritually from this moving meditation. Regular practice will strengthen and tone muscles and increase flexibility and mobility.

## HATHA YOGA / HOT HATHA YOGA

Hatha yoga is slower in pace than vinyasa, with more time spent in each posture. Often these classes will include pranayama or breathing exercises. If you are new to yoga, this is a good place to start as the slower pace allows for more alignment focus and an opportunity to get familiar with the practice.

### YIN YOGA/ HOT YIN YOGA

Yin Yoga is slow and meditative. Poses are held for 4-6 minutes for deep stretching of the body's connective tissues and joints.

## ROCKET YOGA/ HOT ROCKET YOGA

Based on Ashtanga, Rocket yoga is said to 'get you there faster'. A fast paced, playful class expect to explore arm balances and inversions and tackle some of the more challenging postures. This class isn't suitable for beginners or the faint hearted!

## CLASSICAL PILATES / HOT CLASSICAL PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Classical Pilates is based on the original classical mat series 34 exercises as designed by Josef Pilates.

## REHAB PILATES / HOT REHAB PILATES

Pilates is a blend of flexibility

and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Rehab Pilates is a slower paced Pilates class where the exercises are taught in more detail with a heavy focus on alignment and the improvement of poor posture.

## DYNAMIC PILATES / HOT DYNAMIC PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Dynamic Pilates takes the classical principles and applies them to functional movements to help support correct alignment both in sport and life.

## **PULSE**

"Not just another barre class..."
Set to the beat of the music, this full body workout uses ballet and pilates inspired isometric strength training techniques to build and strengthen long, lean muscles.

### **EXHALE**

A 45 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation.

Learn to slow down the mind with different breathing techniques, slow flow yoga and varying styles of meditation.

#### THE METHOD

Designed to sculpt and tone the body working the arms, legs, glutes and core through the use of resistance loop bands. Exercises are performed in 3 different tempo variations enabling full muscle fibre recruitment to help strengthen the muscle and improve range of movement. The class ends with an ab blast finisher followed by a deep relaxing stretch.

## COMBAT CLASSES

#### BOXING

Focus on learning proper boxing techniques and drills while working on the punch bag. Improve fitness, power, and endurance while developing boxing skills. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

## BOXING FDM (Fundamentals)

Learn boxing fundamentals. Beginners will be taught the correct stance, the precise technique for punches and effective boxing movements. Advanced boxers will improve their form and progress their technique. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

### **KICKBOXING**

Working with the punch bag, learn and perfect the art of punching and kicking to improve your overall fitness, strength and power. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

### SWIM CLASSES

## **SKILLS & DRILLS**

Improve your Front Crawl form and technique with progressive skills and drills for a faster, more effective and efficient swim style.

\*A minimum of 200m continuous swim ability is required.